



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09229, Papaya nectar, canned

Report Date: June 30, 2017 16:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.8 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Proximates						
Water	g	85.02	3	1.697	212.55	26.53
Energy	kcal	57	--	--	142	18
Energy	kJ	238	--	--	595	74
Protein	g	0.17	3	0.066	0.42	0.05
Total lipid (fat)	g	0.15	3	0.054	0.38	0.05
Ash	g	0.15	3	0.021	0.38	0.05
Carbohydrate, by difference	g	14.51	--	--	36.27	4.53
Fiber, total dietary	g	0.6	--	--	1.5	0.2
Sugars, total	g	13.91	--	--	34.77	4.34
Minerals						
Calcium, Ca	mg	10	3	1.276	25	3
Iron, Fe	mg	0.34	3	0.024	0.85	0.11
Magnesium, Mg	mg	3	3	0.296	8	1
Phosphorus, P	mg	0	3	0.316	0	0
Potassium, K	mg	31	3	4.910	78	10
Sodium, Na	mg	5	3	1.300	12	2
Zinc, Zn	mg	0.15	3	0.064	0.38	0.05
Copper, Cu	mg	0.013	3	0.003	0.033	0.004
Manganese, Mn	mg	0.013	3	0.003	0.033	0.004
Selenium, Se	µg	0.3	--	--	0.8	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	3.0	3	1.375	7.5	0.9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Thiamin	mg	0.006	3	0.001	0.015	0.002
Riboflavin	mg	0.004	3	0.001	0.010	0.001
Niacin	mg	0.150	3	0.010	0.375	0.047
Pantothenic acid	mg	0.054	3	0.006	0.135	0.017
Vitamin B-6	mg	0.009	3	0.001	0.022	0.003
Folate, total	µg	2	3	1.094	5	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	3	1.094	5	1
Folate, DFE	µg	2	--	--	5	1
Choline, total	mg	2.0	--	--	5.0	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	18	--	--	45	6
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	91	--	--	228	28
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	251	--	--	628	78
Vitamin A, IU	IU	361	--	--	902	113
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	25	--	--	62	8
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	0.60	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.8	--	--	2.0	0.2
Lipids						
Fatty acids, total saturated	g	0.047	--	--	0.117	0.015
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.002	--	--	0.005	0.001
14:0	g	0.008	--	--	0.020	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
16:0	g	0.035	--	--	0.087	0.011
18:0	g	0.002	--	--	0.005	0.001
Fatty acids, total monounsaturated	g	0.041	--	--	0.102	0.013
16:1 undifferentiated	g	0.022	--	--	0.055	0.007
18:1 undifferentiated	g	0.019	--	--	0.048	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.035	--	--	0.087	0.011
18:2 undifferentiated	g	0.007	--	--	0.018	0.002
18:3 undifferentiated	g	0.028	--	--	0.070	0.009
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0